



Photos by Sgt. 1st Class Meilletis Patton, 25th Infantry Division

FORT MAGSAYSAY, Philippines — 1- Philippine soldiers guide Tropic Lightning and 1-2nd SBCT through a jungle training area, here, April 5, during a visit with Brig. Gen. Patrick Matlock, deputy commander-Support, 25th ID. 2- American and Philippine warriors observe as a jungle survivor instructor prepares a meal during security. 3- An instructor demonstrates methods used by the Armed Forces of the Philippines for preparing food in the jungle as part of Exercise Balikatan 2016.



Balikatan 2016 strengthens bonds with Philippines

TERRI MOON CRONK

DoD News, Defense Media Activity

WASHINGTON — U.S. and Philippines’ armed forces began their 32nd iteration of Exercise Balikatan, April 4, in the Philippines, Defense Press Operations Director Navy Capt. Jeff Davis told reporters, here, April 5.

This year’s annual exercise comprises about 5,000 U.S. service members and 3,500 members of the Philippines’ armed forces, in addition to nearly 80 Australian Defence Force personnel and ob-

servers from 12 other nations, he said.

“It is the premier bilateral training exercise between the United States and the Republic of the Philippines,” Davis said, adding that the major U.S. military participating units include the 3rd Marine Division, elements of the 3rd Marine Logistics Group and the 1st Marine Air Wing, the Army’s 25th Infantry Division and the 1st Stryker Brigade Combat Team.

“The exercise is designed to increase interoperability through combined military operations and strengthen the long-standing re-

lationship between the United States and the Philippines,” Davis said.

It focuses on three simultaneous events through a single scenario across the Philippine islands of Luzon, Palawan and Panay, he added.

This year’s Exercise Balikatan – a Filipino word for “shoulder-to-shoulder” – will focus on disaster relief, crisis response training and humanitarian civic action projects, including dental and veterinary services and engineering civic access.



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication

Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
News Editor
John Reese 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writers and Photo Editors
Christine Cabalo 656-3150
reporter@hawaiiarmyweekly.com

Layout
Kristen Wong
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
MAJ Shea Asis
655-6343
2nd Brigade Combat Team
CPT Rich Barker 655-0738
3rd Brigade Combat Team
CPT. Ramee L. Oppert
655-1083
25th Combat Aviation Brigade
CPT Heba Bullock
656-6663
8th Theater Sustainment Command
SFC Nicole Howell
438-1128
311th Signal Command (Theater)
Liana Kim, 438-4095
94th Army Air & Missile Defense Command
SFC Jaquetta Gooden, 448-1556
9th Mission Support Command
1LT Grace L. Vandertuin
438-1600 ext. 3114
18th Medical Command (Deployment Support)
SFC John D. Brown,
438-4737
Tripler Army Medical Center
James Guzier 433-2809
U.S. Army Corps of Engineers-Honolulu District
Joe Bonfiglio 835-4002
500th Military Intelligence Brigade
SSG Thomas Collins
437-6819
599th Transportation Brigade
Donna Klapakis 656-6420
USAG-Pohakuloa
Dennis Drake 656-3154

Senior Army leaders send Earth Day message

“Acknowledge the past, engage the present and chart the future”

WASHINGTON — The Army commemorates Earth Day on April 22, and on this occasion, we renew our commitment to protect the environment and preserve the lands entrusted to the Army – lands that enable our combat readiness and ability to defend the nation.

The Army takes tremendous pride in its sound environmental stewardship. As a result, we continue to lead the federal government in initiatives that sustain habitats and territories.

In 2016, we pledge to focus on inspiring even greater awareness and appreciation of the surroundings and conditions in which we live and operate, and the role they play in ensuring our Army remains ready and resilient.

Our efforts will acknowledge the past by restoring Army lands and

preserving cultural and historical resources. We will engage the present by meeting today’s environmental standards while also enabling Army operations and protecting Soldiers, families and civilians.

Finally, we will chart the future by bringing the best practices and technologies to bear, thereby ensuring future environmental resiliency.

These initiatives will safeguard the vitality of our lands and protect the communities where our Soldiers, families and civilians live, work and play.

Equally important, we are addressing the implications of climate change and assessing its associated risks to national security. We continue to seek and employ technological innovations and energy solutions that reduce greenhouse gas

emissions and mitigate climate change.

The Army is committed to leading the way by reducing energy consumption, repurposing and recycling, and enhancing the resiliency and readiness of our installations through energy efficiency and renewable energy use.

As our Army celebrates Earth Day 2016, please join us in protecting the environment, enabling Soldiers’ readiness and securing the environmental future for our citizens and nation.

We encourage everyone to join in these efforts by learning more about the Army’s environmental initiatives. Every day, around the world, you can make a difference.

Army Strong!

Patrick J. Murphy
Acting Secretary of the Army



Mark A. Milley
General, United States Army
Chief of Staff



Daniel A. Dailey
Sergeant Major of the Army



Mosquito-borne illnesses emergency extended

HAWAII EMERGENCY MANAGEMENT AGENCY
News Release

HONOLULU — Gov. David Ige signed a supplemental proclamation, Monday, to extend the state’s emergency period for mosquito-borne illnesses, such as dengue fever, Zika virus and chikungunya.

While these diseases continue to spread in multiple regions around the world, the Hawaii State Department of Health (DOH) has been working diligently with its partners in the counties and other state agencies, such as the Hawaii Emergency Management Agency (HI-EMA), to protect Hawaii as warm summer months and the state’s peak travel season quickly approach.

“It is critical that we all do our part, both residents and visitors, to take personal precautions to prevent mosquito bites and the spread of these illnesses,” said Vern Miyagi, administrator, HI-EMA.

The emergency proclamation gives the state access to the major disaster fund, the option of waiving certain laws and regulations to expedite the outbreak response, if and when needed, and allows coordination with other states and territories for mutual aid under the Emergency Management Assistance Compact. The proclamation is also a requirement prior to requesting and receiving federal assistance should the state exhaust its resources.

The first emergency proclamation was signed by Ige earlier this year in response to both an emergency declaration from the County of Hawaii for its island-wide dengue fever outbreak and a decision by the U.S. Cen-



Courtesy of U.S. Army Public Health Center

ters for Disease Control and Prevention to open its emergency operations center at level one to prepare for, and mitigate, the Zika risk.

“We have continued to assess and monitor mosquito activity on Hawaii Island since the dengue outbreak is not over yet,” said Dr. Virginia

Pressler, health director. “We have also been responding to multiple imported cases of dengue fever, Zika and chikungunya across the state. Each time a travel-related case is discovered, we take steps to investigate the case and ensure that they understand proper precautions to take dur-

5 FIRST STEPS in FAITH

Like rock climbing, just let go and lean back

CHAPLAIN (CAPT.) CURTIS HULSHIZER

8th Theater Sustainment Command

These words come from a song I recently wrote; they express my struggle to be the best at my chosen career and also a good family man:

*“I know there’s a choice that I must make.
Do I carry this load on my own or live my life by faith.
In my mind, if I don’t shine, we’ll be out on the street.
Heaven help me to do my best and leave the rest up to You.”*

If I’m honest, I often struggle with putting my career before the needs of my family. I’m certain I’m not alone



Hulshizer

in this battle. I take providing for the needs of my family very seriously.

Part of providing for them is me continuing to progress in my career. The struggle for me is balancing this need to be good on the job, and also a good husband and dad. Achieving this balance in my life is for me a matter of faith.

A few years ago, I went on a rock climbing trip. It was my first time rock climbing, so when I was at the top of the cliff, getting ready to start my de-

scent, I had some thoughts.

Doubts began to flood my mind. Did I tie the knot correctly? Would the equipment really work? Did my partner holding the rope below know what she was doing? I was terrified.

I honestly thought I might die. At that moment, I had a choice to make. Should I let go and lean back on the rope?

When it comes to trusting that my family is provided for, I sometimes feel like I did that day on top of the cliff. I question if my own efforts are good enough and fail to fully trust that God will provide. As a result, I carry around a heavy load.

I stress and strain as if all is up to me. This added stress robs me of joy and sometimes influences me to be a

jerk at home, and I don’t believe that is how I was created to live.

What if I lived my life as if God was in complete control and only asked me to do the best I could do? What if I let God handle all of the variables, such as Army troop reduction rates, falling ill or being injured, the next election, or whatever else I worry about?

The truth is, there are a lot of factors in life that are really outside my control. Just like that day on top of the cliff, once I’ve done my best, at some point, I must let go and lean back. When I do then, I am truly living by faith.

(Editor’s note: Hulshizer is the chaplain for the 8th Special Troops Battalion, 130th Engineer Brigade.)

Voices of Ohana

Individuals have officially been paying federal income taxes since 1913 when the 16th Amendment to the U.S. Constitution was ratified. Since today is April 15, we wondered, “What are you doing with your tax refund this year?”

By Christine Cabalo, Oahu Publications



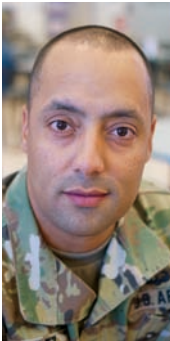
“We used our income tax refund to help save for a new family car.”

Bianca & Donovan Kottke
Army family members



“I’ll be going home and taking leave with my tax refund.”

Sgt. Aaron Land
Military Police
728th MP Bn.,
8th MP Bde.



“I set it aside into a savings account for my kids. They’re young now, but I do it every year.”
CWO2 Daniel Velez
Technician,
Co. A, 249th
Eng. Bn.,
Prime Power,
USACE



“I’m putting it into savings.”

Petty Officer 2nd
Class Mallare
Venturini,
Cryptologic
technician,
Navy Information
Operations
Command Hawaii



“Everything from my refund I save, and it goes to retirement.”

Staff Sgt.
Levi Wilson
Squad leader,
Warriors in
Transition Unit

4960TH MFTB GRADUATION

FORT SHAFTER FLATS — Students from the active component, Reserve and National Guard sound-off at their graduation ceremony, Saturday, at the U.S. Army Reserve Daniel K. Inouye Complex, here.

Training was for the Construction Engineering Supervisor (12H), Human Resources Specialist (42A) and Unit Supply Specialist (92Y) Advanced Leadership courses.

This is the first time that all three Army components had students in each of the 4960th Multi-Functional Training Brigade’s leadership courses.



Photo by 1st Lt. Grace Vandertuin, 9th Mission Support Command

NJ, AK Reservists support TAMC, Schofield Health Clinic

CAPT. ERA-PAULINE COLON

1984th United States Army Hospital Detachment
U.S. Army Reserve

HONOLULU — Medical Army Reservists from New Jersey, Alaska and Hawaii simultaneously conducted readiness competency skills training and deployment-related tasks at Tripler Army Medical Center and the U.S. Army Health Clinic-Schofield Barracks, March 6-24.

The 7245th Medical Support Unit from Dover, N.J., sent 10 Soldiers, while 29 Army Reservists from the 1984th United States Army Hospital (Fort Wainwright and Joint-Base Elmendorf Richardson, Alaska, and Fort Shafter Flats, Hawaii), combined efforts to backfill and assist TAMC and Schofield Barracks in providing top-quality health care to Soldiers, veterans and their families during health care’s peak season.

“We were very fortunate to have the 1984th Soldiers join us here at TAMC,” said Col. Pablo R. Gahol, deputy commander for Inpatient Services, TAMC.

The Soldiers were briefed on an early Sunday morning and then were immediately integrated into different clinical departments, where they aided their permanent party counterparts making the workload a little easier.

“During this time period, the census on the in-patient units was exceptionally high, and having



Photo courtesy of 1984th United States Army Hospital Detachment, U.S. Army Reserve

Capt. Kristin Pruitt, a Reserve perioperative nurse with the 1984th USAH element based at Fort Wainwright, Alaska, prepares a patient for surgery at Tripler Army Medical Center. The medical professionals backfilled critical positions, currently deployed, at TAMC and the Schofield Barracks health clinic.

the 1984th Soldiers tremendously helped us with taking care of our patients,” Gahol said.

The combined efforts of 1984th and 7245th resulted in a total cost savings of \$138,531.08

from 3,748 patient encounters during 3,088 independent working hours. The presence of the Reserve Soldiers temporarily replaced deployed resident health care personnel at TAMC and

Schofield Barracks, and added more than enough support to assist the Health Readiness Platforms in maintaining and providing continued excellent quality health care service.

“They came to TAMC well-prepared and always with a positive attitude that is welcoming to our patients and staff,” Gahol said. “We truly enjoy and appreciate their presence here at TAMC.”

What They Did

The Army Reserve medical Soldiers performed a variety of important tasks at TAMC and Schofield’s clinic:

- Emergency medicine,
- Critical care,
- Surgery,
- Anesthesia,
- Behavioral Health,
- Family Medicine,
- OB/GYN,
- Laboratory,
- Radiology,
- Pharmacy,
- Respiratory services,
- Medical logistics, and
- Hospital administration and operations.



Today

SHARP — Register your section to compete, per what follows, by close of business, today: The garrison SHARP team encourages directorates and programs to participate in the “SHARPen Up Your Area” decorating contest, April 18-22, in support of Sexual Assault Awareness and Prevention Month. Registered areas will be judged, so don’t miss this opportunity to win an award and bragging rights! Prizes will be awarded April 25. Decorations must be up by 9:30 a.m., April 21. Call 655-9433.

No ISO — The Schofield Barracks Installation Security Office will close at noon today, reopening Monday, April 18. Call 655-1493.

Tax Day Relief — The Exchange is giving military motorists a double discount on gas until April 17. Drivers fueling up with a Military Star card at Army and Air Force gas stations will receive 10 cents off per gallon instead of the everyday 5 cents per gallon discount.



Purple Up Today — April marks the nation’s “Month of the Military Child,” a time to recognize military keiki for their strength, sac-

rifices and continued resilience. Wear something purple as a visible way to show support.

Social Security Week — Go online with your future. For more than 80 years, Social Security has been there through life’s journey. With a my Social Security account, people can complete the following:

- Keep track of their earnings and verify them every year with their Social Security statement;
 - Get an estimate of their future benefits, if they are still working;
 - Get a verification letter with proof of their benefits, if they currently receive them;
 - Manage their benefits;
 - Change their address;
 - Start or change direct deposit;
 - Get a replacement Medicare card; and
 - Get a replacement SSA-1099 or SSA-1042S for tax season.
- Visit www.socialsecurity.gov/myaccount.

21 / Thursday
JROTC Review — The Hawaii State Governor’s 34th Annual JROTC Review and Awards Ceremony takes place, 10 a.m., on Fort Shafter’s Palm Circle parade field, for about 600 cadets from 24 public and two private schools. The event includes a cake-cutting ceremony and awards presented to supporting veteran organizations. The event is open to the public. Call 787-4095.

27 / Wednesday
CIE — Soldiers, spouses and civilians are invited to attend the next Community Information Exchange from 9-10:30 a.m., Wednesday, April 27th, at the Schofield Barracks Nehelani. Learn what’s happening in U.S. Army-Hawaii and ask questions of subject matter experts.

30 / Saturday
NTBI — National Prescription Take Back Day happens, 10 a.m.-2 p.m., in front of the Schofield Barracks Exchange by the flower shop. Community members can drop off expired, unwanted and unused prescription medication for safe disposal. Last year, 74.5 pounds of prescription drugs were collected at Schofield, with a total of 3,290.5 pounds collected at all sites. Call 655-4470.

May

3 / Tuesday
FBTH — The garrison commander, Col. Richard Fromm, will host the next quarterly online town hall from 6-7:30 p.m., Tuesday, May 3, at USAG-HI’s Facebook “Events” page at www.facebook.com/usaghawaii. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs to subject matter experts. Questions may be posted before May 3, but they will not be answered until the town hall.

6 / Friday
AG Week — Adjutant General Week (May 6-12) begins with breakfast at the 25th Sustainment Brigade’s dining facility, ending with the Adjutant General Corps’ 241st anniversary celebration ball, Friday, May 13, in Waikiki. Tickets are available now. Email agcraalohachapter@gmail.com or visit the “Aloha Chapter AGCRA” Facebook page to learn about more events.

Ongoing

Avoid that Wave — April is Tsunami Awareness Month. Learn about tsunami risk. Enter your address into the Tsunami Evacuation Zone Map Viewer at www.scd.hawaii.gov.



27 / Wednesday
Distracted Driving — April is National Distracted Driving Awareness Month. Motorists may take a drive in a new, state-of-the-art digital simulator system – the only one of its kind in Hawaii – 10 a.m. to 4 p.m. at the University of Hawaii at Manoa. The simulator allows the public, especially students, to experience how dangerous it would be to operate a vehicle while being distracted. For more about the dangers of distracted driving, visit www.distracton.gov.

30 / Saturday
Lauhala Closures — The road closure along Wheeler’s Lauhala Road in the housing area is scheduled to end today. The completion date of this traffic control plan was impacted by weather and was extended.

May

14 / Saturday
Power Outages — The following areas on Schofield Barracks will see a power outage, 7 a.m.-3:30 p.m.: affecting Akolea Point Housing, the motor pool and areas between McMahon and Menoher on Sutton, Capron and Reily Streets. At the same time, Wheeler and the WiliWili Housing Area will also experience an outage.

June

18 / Saturday
Power Outage — The following buildings along Mathews Ave., Schofield Barracks, will be without power, 7 a.m.-3:30 p.m., to install an electrical transformer: 2026, 2027, 2029, 2031, 2032, 2033, 2034, 2098, 3030, 2037, 2038 and 2040.

Ongoing

Mortar Marines — The Marine Corps will conduct mortar training this week while the Army continues artillery training. Soldiers and Marines will finish training on April 29. Noise from the ranges might be heard when atmospheric conditions are right, but there’s no cause for concern.

Shafer Closure — Intermittent road closures at Kubo Street, weekdays, 7 a.m.-5:30 p.m., continue until May 13. This construction work will occupy Kubo from Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12.

Revised Lyman/Flagler — There are traffic modifications, weekdays, 7 a.m.-4 p.m., at Schofield’s intersection of Lyman and Flagler to widen Lyman Road, add a dedicated left turn lane, and add traffic and pedestrian signals to the intersection, until Aug. 12.

Construction will be phased, so road widening will be performed first, providing an additional lane. The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic.

Airdrome Road — One-lane road closures along Wheeler’s Airdrome Road from the sewage treatment plant to the flight simulator continue weekdays, 8 a.m.-3:30 p.m., until June 30.

Paumalu — HDOT is moving forward with improvements to the Paumalu Stream Bridge in order to lift weight restrictions as soon as possible. The bridge, originally constructed in 1929, last underwent reinforcement of concrete supports in November 2014, is on Kamehameha Highway, near Sunset Beach. Damage discovered during a recent inspection prompted the weight limit to be reduced from 25 to 15 tons. A temporary structure beneath the bridge will take the load off the columns and help support the bridge. The work is anticipated to be finished in two months, weather permitting. Visit <http://hidot.hawaii.gov/highways/roadwork/>.

Krukowski — Tripler’s Jarrett-White Road is currently open to the public and access from Jarrett-White Road down Krukowski Road is available (up to unit 1114). However, Krukowski north of the Fisher House will still be closed until April 29. The original plan was for construction to be completed last fall.

Menoher — There will be a road closure on Schofield’s Menoher Road, between Capron and Sutton avenues, for utility installation. Traffic will be detoured around the construction area. The work will be performed 8:30 a.m.-5:30 p.m. until the end of May.

‘I’m a survivor, not a victim’

In part one of two, a specialist learns to speak up about an assault

Story and photo by
SGT. 1ST CLASS JOHN BROWN
18th Medical Command (Deployment Support)

JOINT BASE PEARL HARBOR-HICKAM — Standing alone, before a silent auditorium filled with male and female Soldiers, and with no one texting or playing on a mobile device, everyone’s attention was focused on the young female Soldier.

“I was attacked. But, I’m not a victim; I’m a survivor,” said Spc. Brittany Leitner, a patient administration specialist with 18th Medical Command (Deployment Support).

For nearly an hour, the audience was silent as Leitner shared her story. For many, it was hard to hear; for others, it was an opportunity to put a name and a face to the Army’s campaign to end sexual assault and sexual harassment in the military.

Leitner is like most young Soldiers. A self-proclaimed military brat, she bounced around from base to base following her mother, a Navy veteran, and her stepfather, a career Army officer, before graduating high school.

Roughly a year after graduating high school, Leitner decided to follow her parents’ example and join the military. She attended basic and advanced training, was stationed at Fort Hood,



Spc. Brittany Leitner, a patient administration specialist with 18th MEDCOM (DS), speaks to other Soldiers about sexual assault. Telling others about it became her “therapy.”

and her unit deployed to Afghanistan in June, 2011, for a year.

Leitner worked hard to fit in with her unit, but within three months following the deployment, her life would change forever.

“I really didn’t believe that it had happened. My NCO (noncommissioned officer) had to tell me, like, a million times before it finally registered,” said Leitner. “I was more upset about being a statistic. ... It was knowing that I was one of a ton of people that this had happened to in a place where you’re supposed to be the strongest, where you are supposed to be able to take care of yourself.”

This is where her next struggle began. Leitner was afraid that she would be treated differently if people knew she was sexually assaulted, and she said that was exactly what happened when other members of her unit found out about the assault.

It wasn’t until Leitner transferred to Hawaii that she was able to get away from the glances and stares, the well-meaning friends asking her if she was ok, and the daily reminders of that moment in time.

But that wasn’t a cure. Leitner said that she felt like she was walking around with a giant bubble inside that was waiting to burst when the Soldiers in her new unit discovered her secret.

“I struggled really hard trying to hide it, and then I met someone who was talking about her experience,” said Leitner.

At this point in her life, Leitner was willing to do anything to help cope with the swarm of emotions inside, even if that meant telling a room full of strangers about the worst day of her life.

“I so wasn’t ready for it, and it went horribly wrong, but I needed it. Speaking to people became my therapy,” said Leitner.

For Leitner, talking about her experience was not easy.

“I would come in extremely afraid. I didn’t know what their reaction would be. I didn’t know if they would be able to look me in the eyes, but I started getting standing ovations, and it was shocking to me, at first, that people actually cared enough.”

(Editor’s note: In part two, next week, Leitner raises awareness about sexual assault.)

SHARP

For additional information about the Army’s Sexual Harassment/Assault Response and Prevention program, visit www.sexualassault.army.mil.





In safe hands

Elisha Stout helps 5-month-old baby Blake Hernandez stand up in her lap. Stout provides care for Hernandez and other children from her home.

Children under Stout’s care play with magnetic toys to help their development. The Family Child Care program offers certified FCC providers educational toys and furniture for their clients.



Children take a break for lunch during their stay with Stout. Certified providers can also receive subsidies for providing U.S. Department of Agriculture-approved meals.

Work from home as a certified Family Child Care provider

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Home is where the next job may be for anyone interested in signing up for the Army Child, Youth & School Services (CYSS), Family Child Care (FCC) Program.

The program offers certification to become a military child care provider to earn income while working from home. Certified providers also may receive federal subsidies and other benefits to help them develop a portable career.

Professional development

“They receive professional training, access to toys and materials for the children, and support from the FCC administrative staff,” said Angela Austin, director of FCC for CYSS. “The FCC homes provide environments that are conducive to the growth, development and well-being of each child.”

The portable career path appealed to Army spouse and mother Elisha Stout, who worked as a provider for three years at Fort Campbell, Ky., before relocating, here, in 2015.

Stout said having an inner strength is essential in caring for children and going through the certification process.

“You need to love kids to do the job,” she said. “It’s a hard job, sometimes working 12 hours a day, but the rewarding part is seeing the children. You see them develop, and they’re happy, smiling all the time. It’s also so rewarding seeing parents smile at how happy their children are.”

Home alternative

Stout’s current clients appreciate how she provides convenient and consistently good care for their children.

When deciding between an FCC certified provider like Stout and using a child development center (CDC), Stout was the top choice for new mom Spc. Melinda Hernandez, a medic with Charlie Company, 225th Brigade Support Battalion, 2nd Bde. Combat Team, 25th Infantry Division.

Hernandez said she prefers Stout because she is less expensive than care at a CDC, she offers individualized attention for her 5-month-old son Blake and she can help track her son’s development since she knows Stout will be available consistently.

“This is great for dual military,” Hernandez said. “In the event me and my husband have duty, we can have additional time for (Stout to) watch our son, not like with the CDC.”

Hernandez said Stout’s home is also very close to where she works, enabling her to spend her lunches or other breaks with her son. She said she enjoys having the flexibility to spend time with her son while still being able to work.

Stout’s convenient location and the ability to offer consistent personalized care appeals to Rachel Norum, too, who is a client and neighbor. Norum said she’s had the experience of hiring a private nanny who wasn’t under contract, making care difficult. She said she prefers Stout and her ability to be a regular presence in her two daughters’ lives.

“There are things you can do (with an FCC certified provider) you just can’t do, practically, with having a day-care center,” Norum said. “She and I can have longer conversations with concerns about the children. I know she is invested in their learning and happiness, and there’s more of a community feeling.”

Training a key

Both Hernandez and Norum said leaving their children with a neighbor and fellow spouse who has the needed training for child care is important.

“I cannot advocate enough for being cautious nowadays about who you are leaving your children with,” Norum said. “All the FCC certified providers have approved background checks and training, so families should take advantage of that resource.”

The additional training, as well as having age appropriate furniture and toys, set apart an FCC certified provider from having someone untrained who might be a family friend, Austin said. Unauthorized care is prohibited in family housing located on the installation. Anyone providing care in his or her home, which exceeds a total of 10 child care hours, per week, on a regular basis, must be certified in accordance with Army Regulation 608-10.

Career option

For those interested in certification, Austin’s office also hosts a monthly briefing answering questions about the process. Potential providers can also refer to the FCC website for additional information.

Stout said the process for certification was definitely worth it for her, and she’s rewarded by it daily whenever she sees the satisfaction of a fellow Army family.

“I like to be there for the kids,” Stout said. “And by being there for the kids, you’re being there for their parents and sanity.”

Becoming Certified

The Family Child Care Program hosts a monthly briefing on Fridays about becoming a certified provider. Bring your questions to their next meeting:

What: Family Child Care Office

When: 9-10 a.m., May 13

Where: 730 Leilehua Ave., Schofield Barracks

Other: To RSVP, call 655-8373 for the Schofield office or 837-0236 for the Aliamanu Military Reservation office.

More Online

For details about the requirements for becoming a certified Family Child Care provider, see www.himwr.com/family-child-care.



Briefs

Today

“A Fairytale Adventure” — Attend this Month of the Military Parent & Child Ball and enjoy dinner, music and entertainment in your best prince or princess attire on two nights, April 15 and 16.

It’s open to all military families (children 3-18 years of age). Tickets are sold at CYSS Parent Central Services and the SB Nehelani. Cost is \$33.50 for adults and children 12 years and up; \$29.50 for children 3-11 years. Call Parent Central Services at 655-5341/8380 or 833-5393.

16 / Saturday

Stand Up Paddleboarding 101 — Come learn the art of stand up paddleboarding with Outdoor Recreation. Cruise the Anahulu River on the North Shore and other beaches around the island with many opportunities for turtle spotting. ODR will provide transportation, equipment and instruction for \$59/per person. Bring water, snacks and sunscreen. Call 655-9046.

Night Out —Need a night out? Sign your child up for Parent’s Night Out. Event takes place at the SB Bowen CDC and School Age Center from 6-11 p.m. Reservations will be accepted on a first-come, first-served basis at the Parent Central Service office on AMR. Call 833-5393.

17 / Sunday

Pottery, Quilting and Sewing — Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art.



community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

University of Hawaii Baseball — The streaking baseball Bows return at Les Murakami Stadium for a three game Big West series (Friday-Sunday) with Cal Poly, beginning with tonight’s 6:30 p.m. contest. Purchase tickets online at Hawaiiathletics.com.

16 / Saturday

SB Kolekole — The walking-hiking trail is closed this weekend due to live-fire exercises.

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For information/reservations, call 233-7323.

17 / Sunday

Polo — The Hawaii Polo Club season is underway on the North Shore at Mokuleia with matches every Sunday through Sept. 4. The parking lot opens at 11 a.m.; matches begin at 2 p.m. Tickets cost \$10-\$25. Visit Hawaii polo.org or call 220-5153.

18 / Monday

Leilehua H.S. — Parents are invited to a Military Parent Forum at Leilehua High School Library, Monday, April 18th, from 6 to 7:30 p.m. Come help the high school become even better. RSVP to Renee Mulbury at 305-3031. Visit lhtransitioncenter@gmail.com.

19 / Tuesday

Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tues-

NOW PLAYING



THE BOOK OF MORMON

LIMITED 3 WEEK ENGAGEMENT
APRIL 13 - MAY 1, 2016
BLAISDELL CONCERT HALL

HONOLULU — The national tour winner of nine Tony Awards, including best musical, “The Book of Mormon” will play a strictly limited three-week engagement through May 1 at the Blaisdell Concert Hall. Single ticket prices start at \$37 (service fees may apply). Group ticket sales can be placed at the Hawaii Opera Theatre Box Office. Call 593-9468.

Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

Sunday Brunch — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome. Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children’s prices are available. Call 438-1974.

Advance 8 Ball Pool Tournament — Join SB Tropics every Sunday in April at noon, when Tropics hosts a tournament for ages 18 and older. Fee is \$10 and winners will receive Exchange gift cards. Call 655-5698.

18 / Monday

Play Mornings at HMR Chapel — Meet other moms and dads, share information and parenting tips, and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. To register, call 655-4227.

19 / Tuesday

Anger and Conflict Solutions —

day at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases the culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

20 / Wednesday

SB Earth Day Festival — Island Palm Communities and U.S. Army Garrison-Hawaii host this annual event from 2-5 p.m. at IPC’s Kalakaua Community Center. The popular Earth Day Passport Challenge is scheduled, so arrive early. The first 300 kids to complete the passport will receive cool prizes made from recyclable materials.

21 / Thursday

94th AAMDC Golf Fundraiser — Registration begins at 10 a.m., Māmala Bay Golf Course, Hickam. Shotgun start at 12:30 p.m. raises funds for the Army Air Missile Defense Command Ball. Call Capt. Walker at (716) 949-6197 or visit Facebook at www.facebook.com/events/976738645714653/.

23 / Saturday

JROTC 5K Fun Run — Celebration of the 100th anniversary of JROTC begins at 6 a.m. at the end of the Ford Island runway, in conjunction with runs around the world. Visit active.com and search JROTC 100th or visit JROTCAnniversary.com.

27 / Wednesday

Community Information Exchange — Soldiers, spouses and civilians are invited to attend the next CIE, 9-10:30 a.m., at the SB Nehelani. Learn what’s happening in U.S. Army-Hawaii and ask questions of subject

Too many discussions turning into arguments? Give ACS an hour, noon-1 p.m., to review and practice proven ways for understanding conflict and overcoming anger, at SB ACS Bldg. 2091. Call 655-4227.

20 / Wednesday

Preschool Storytime — SB Sgt. Yano Library hosts, 10 a.m., every first and third Wednesday of the month for children 3-5 years old. Listen to stories, sing and dance, and make a craft. Call 655-8002.

Mother’s Day No-Sew — Make a Mother’s Day gift this year with a pillow made with your own hands. This Arts & Crafts program is open to all ages; children 3-7 years old must be accompanied by an adult. Cost is \$15 and includes all supplies. Call 655-4202 for more details or to register. Location is 919 Humphreys Road, Bldg. 572.

21 / Thursday

Open Texas Hold’em Poker — Every Thursday in April at 6:30 p.m. visit SB Tropics for Open Texas Hold’em Poker. Service fee is \$10/per person to play. Win Exchange gift cards. Sign in begins at 5:30 p.m. This

matter experts.

30 / Saturday

FS Earth Day — USAG-HI, IPC, the 9th Mission Support Command and dozens of community organizations will team-up from 11 a.m. to 3 p.m. at Fort Shafter Flats to share a wealth of knowledge about environmental sustainability through interactive exhibits and activities for the whole family.

“Hug Your Mother” Earth Day — Wahiawa Shopping Center and Wahiawa Town Center host this family-friendly event from 9:30 a.m.-1 p.m. Enjoy free earth-friendly activities, free entertainment and gardening tips provided by the Wahiawa Botanical Gardens and other community resources.

Comedian Kevin Hart — Riding high from several recent hit movies, Hart performs at the Neal Blaisdell Arena at 7 and 10:30 p.m., Saturday, and 7 p.m., Sunday. Tickets begin at \$59.50. Visit Ticketmaster.com or call (866) 448-7849.

May

3 / Tuesday

Facebook Town Hall — Garrison Commander Col. Richard Fromm hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page (<https://www.facebook.com/us-aghawaii>). Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

7 / Saturday

South Shore Classic — Premier open ocean swim event at Waikiki Beach/Kapahulu features men’s and women’s 1-mile event for ages 15 and older, keiki 1/2-mile event for ages 14 and under, and an elite 2-mile swim. For information and registration, visit SouthShore Classic.com.

Ongoing

Jewish Services — Weekly wor-

facility is for patrons 18 and over. Call 655-5698.

22 / Friday

Installation Volunteer Recognition Ceremony and Volunteer Appreciation Reception — U.S. Army Hawaii and FMWR extend a thank you to volunteers with this annual recognition ceremony and reception starting at 11 a.m. at the SB Nehelani. For more information on volunteerism, visit himwr.com/getting-involved/army-volunteer-corps or call 655-4227.

Paint & Sip — Create your own masterpiece at Tropics Recreation Center while enjoying signature drinks and food, 7-9 p.m. An experienced

artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies will be provided.

To sign up, visit Tropics. Cost is \$25/per person for painting and supplies and \$37/per person for a paint & sip package that includes a choice of beverage and a cheese and fruit platter. Call 655-5698.

23 / Saturday

NAF Inventory Sale — Join MWR for its inventory sale at Leilehua Golf Course with an auction for used golf carts, mowers and other golf course equipment. Viewing starts at 8 a.m. and auction starts at 9 a.m. All sales are final. Call 656-0114.

Adventure Kayaking — Learn to kayak with Outdoor Recreation as it cruises the Anahulu River on the North Shore and other locations around Oahu. ODR will provide the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen.

Cost is \$59/per person. ODR is located at 435 Ulrich Way, Bldg. 2110, SB. Call 655-0143.

ship services are held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

TAMC Arts & Crafts Volunteers — The American Red Cross is seeking volunteers for patient and family support. Call 433-6631.

Legal Aid — The SB and FS Legal Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel.

Assistance includes estate planning services (wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military admin matters and insurance claims. Also, notary services and powers of attorney. Visit SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm. 110C, 438-2627.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, family members and civilians from military posts with access.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.

Food for Families — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A reopening

date for movie

viewing

has not been

finalized.

Call Schofield

Exchange at

237-4502/4572.

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks	



84th Engineers help fuel Hale Kula minds with science

Story and photo by
2ND LT. BEN P. GROCE
84th Engineer Battalion, 130th Eng. Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Science, technology, engineering and math, or STEM, are identified by some as the most important areas of study for the next generation.

So, why not use creative ways to excite young students’ curiosity in these fields by hosting a fun-filled, action-packed day of activities that highlight the usefulness of this knowledge.

That is what Principal Jan Iwase had in mind when she organized, “Super STEM Saturday,” April 9, here, at Hale Kula Elementary.

“This school empowers learners to explore, discover, create and share, but it can’t just be bound to the classroom,” explained Iwase. “We held this event to ignite our students’ interest in a fulfilling career for their future and to have passion in STEM when they see it in their daily lives.”

However, the event could not have taken place without the dozens of volunteers who sacrificed their Saturday morning. Among those

volunteers were engineer Soldiers of the “Never Daunted” 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command.

In keeping with the battalion’s proud history of gap crossing, Soldiers encouraged and assisted future engineers in construction of their own bridges.

Pfc. Sabrina Gleason, an 84th Eng. Bn. horizontal construction engineer, helped students build bridges out of Popsicle sticks, modeling clay and pipe cleaners.

“It was great to have an opportunity to share my knowledge and love of engineering with these children,” said Gleason, “and, hopefully, get them thinking about careers in STEM.”

Outside, Sgt. Javier Gutierrez, an 84th Eng. Bn. horizontal construction engineer, separated kids into teams and helped them brainstorm bridge designs and implement those plans into a real structure a remote control car could traverse.

A father himself, Gutierrez was happy to see so much enthusiasm from the kids.

“I didn’t expect anyone here to be conquering the Imjin (River) with their designs, but



The “Lions,” with Aiden Mendoza (center) as their team captain, take first place in the Team Building Bridge competition. Aiden is shown driving his team to victory.

they surprised me,” said Gutierrez. “For their age, these guys are on track to be some hard-charging Sappers.”

Whether constructing bridges from dry spaghetti or making boats to hold pennies, children and volunteers alike had a great time at this year’s Super STEM Saturday. Hopefully, more than a few future scientists, technicians, engineers and mathematicians took their first steps toward their perspective careers today.

Exchange doubles Tax Day gas savings

ARMY & AIR FORCE EXCHANGE
News Release

DALLAS – The Army & Air Force Exchange Service is giving military shoppers a reason to look forward to Tax Day by doubling the discount Military Star cardholders receive on gas.

From April 15-17, drivers fueling up with a Military Star card at Army and Air Force gas stations will receive 10-cents off per gallon, instead of the everyday 5-cents per gallon discount.

“To take some of the stress out of filing taxes, we’re giving shoppers an extra reason to come on the installation to discover what the Exchange has in store this spring,” said Air Force Chief Master Sgt. Sean Applegate. “The extra savings at the pump are just one way the Exchange gives back to the military community.”

More Online
For information about the Military Star card, shoppers can visit www.MyECP.com.

Army to launch IPC resident housing survey

Story and photo by
ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — Residents living in Island Palm Communities will receive an email on April 28 from CEL & Associates, the company hired by the Army to conduct a resident satisfaction survey for all privatized residential communities across U.S. Army installations.

Residents will be asked for candid feedback about their experiences living with IPC, from move-in through residency.

Feedback

“We received great feedback from residents last year, which resulted in several enhancements, such as a new dog park on Wheeler, a major playground construction and rehabilitation project across all our neighborhoods and new vinyl fencing in our Helemano community,” said Tom Adams, director of property management at IPC.



This popular Wheeler Army Airfield dog park is a direct result of resident feedback from IPC’s resident surveys.

“The online survey takes about five minutes to complete, and in addition to rating us in a variety of areas, residents will have an opportunity to share ideas and suggestions,” Adams added.

Resident comments and suggestions will

help IPC and Army housing leadership identify areas where the property operations team is realizing success, as well as areas in need of improvement or where there might be a need for a program or service.

As an incentive for residents to respond to the survey, IPC will award a \$500 Visa gift card and a \$100 AFFES (Army and Air Force Exchange Service) gift card in a random drawing held every week over the four-week survey period, which ends May 30.

Residents who complete and submit their survey will automatically be entered to win.

More Online
Residents who do not receive an email from ARMYHousingSurvey@celassociates.com on April 28 or who have questions about the survey are encouraged to contact their community center.

Flying becomes mind over manners

“Now boarding ... Group C ... at Gate 19,” the agent announced over the loud-speakers.

There were only a handful of poor slobs like me left in the line. The 737 was pretty packed, and since Southwest operates on a first-come, first-served basis, we were in for a real treat.

Only a few of the dreaded middle seats remained. The lucky passengers who snagged the isle and window seats looked up at us clutching our gigantic carry-ons, as if to say, “Don’t even think about squeezing in here between us.”

So I lumbered on, until I got to the back of the plane and had to take the last space left, which was between a heavyset man against the window and a little old lady on the isle. I gestured with my hand to the middle seat, and their facial expressions replied, “Oh, terrific. Thanks for ruining my trip.”

Somehow, I wedged into my seat without banging the old lady in the head with my carry-on. I kicked it three times to jam it under the seat in front of me and tried to settle in for the two-hour flight to Dayton.

The man beside me was politely trying to be small, with his arms clasped unnaturally on top of his tensed round belly and his thick knees hitched in tight. However, he was a human radiator, emanating a steady stream of sweltering breath, body heat and general male exhaust. I reached up to the tiny air valve, otherwise known as the spewer of contagion, but it was already all the way open.

Southwest Airlines’ employees are known for their jokes, and I could hear people in the rows ahead laughing at something the flight attendant said during



her “just in case we plummet to our death” spiel.

My stomach took a few nauseating dips during the bumpy take off, which is to be expected, but the turbulence continued. The soggy airport tuna wrap I’d gobbled back at the gate inched its way back up my esophagus, as the Captain quipped, “Whoever that is shaking the plane ... stop it!”

As a child, I was prone to motion sickness. Any drive of more than 20 minutes had to include a stop on the side of the road, so Lisa could “toss her cookies.”

One time, when I went with my father to Pittsburgh, I did just that. I’d eaten a fistful of Nutter Butter Cookies before getting into my father’s Buick, and somewhere along Route 286, they came back up. Problem was, the Buick door was so huge, my father had to run around to help me open it, and he didn’t make it in time.

Those old Buicks had a million nooks and crannies in their Naugahyde dashboards. After that, we couldn’t use the car’s heat or air conditioning without being blasted with an odoriferous reminder of that day.

The turbulence was so bad, the pilot ordered the flight attendants to stay in their seats, and as a result, there would be no beverage service and no bathroom breaks. An every-man-for-himself mentality set in, and the guy beside me released his tensed muscles, allowing his full girth to invade

Panicked by the impending crisis of protocol and puke, I lowered my mouth to the little white bag and prayed for guidance.

my already confined space. The little old lady was so still, I worried that she might’ve died. But I realized that she’d been reading the same spinal surgery ad in the airline magazine for the last hour and knew she must’ve fallen asleep.

Jealous, I prayed for sleep to deliver me from this putrid purgatory. Sometime during the second hour, my motion sickness degraded into a fitful, panting fever. As the plane began its rocky descent toward Ohio, I used my last ounce of sanity to grope for the airsickness bag.

Despite my delirium, I wondered, am I being rude? Shouldn’t I warn my seat-mates that I’m about to become an erupting tuna salad volcano? Would Emily Post tell me to put a napkin on my lap first? Is there any etiquette to upchucking?

Panicked by the impending crisis of protocol and puke, I lowered my mouth to the little white bag and prayed for guidance.

The plane wheels squealed as they bumped the runway.

“Welcome to Dayton,” our pilot joked, “home of ... stuff.”

Everyone laughed, and I managed a weak smile, too, relieved that my mind and my manners were finally on solid ground.

(Read more from Molinari at www.meatandpotatoesoflife.com.)

TAMC TIP Treadmills



Thirty minutes of high-intensity exercise a day can help prevent weight gain and metabolic syndrome.

If you are using a treadmill for exercise, know that every 1 percent incline increases your calories burned by 10 percent, so adding an incline is a great way to boost intensity.

Check with your doctor to make sure high-intensity activity is right for you.

Add a treadmill exercise to your scheduled routine.

